

# Scarlet's Southwest Barack-A-Bowl

**Makes:** 4 Servings

“Much of the food we eat is inspired by southwest flavors, which is why I chose to create a healthy southwest dish loaded with power foods for energy,” says Scarlet. “Due to the beautiful weather in Arizona, we grill outdoors year round, so I wanted to include grilled chicken and corn. Our family is trying to be healthier in our food choices, so I suggested to my mom that we substitute white rice with cauliflower ‘rice,’ and when we mixed it with the quinoa, I couldn't even tell it wasn't white rice!” Scarlet likes to serve this with a prickly pear smoothie.

## Ingredients

**1/2 pound** chicken tenders  
**3/4 can** of 7 ounce can of chipotles in adobo sauce  
**4 teaspoons** extra-virgin olive oil  
**2** ears of corn or 1 cup frozen corn  
**1/2 cup** quinoa  
**1/4** head of cauliflower  
**1/4** red onion, peeled and finely chopped  
**2** garlic cloves, peeled and minced  
**1/2 cup** canned black beans, rinsed and drained  
**1/4 cup** finely chopped cilantro  
**1** avocado, peeled, pitted and thinly sliced  
**1/4 cup** Cotija cheese, grated (Parmesan can be substituted)  
**1/4 cup** roasted, salted pumpkin seeds  
**1/2** fresh lime, juiced

## Directions

- Place chicken and chipotles** in 1--gallon freezer bag, refrigerate and marinate for at least 1 hour, but preferably



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>365</b>
<b>Total Fat</b>	<b>16 g</b>
Saturated Fat	3 g
Cholesterol	39 mg
<b>Sodium</b>	<b>118 mg</b>
<b>Total Carbohydrate</b>	<b>33 g</b>
Dietary Fiber	7 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>28 g</b>

overnight.

2. **Preheat the grill.** When it's hot, sprinkle ½ teaspoon olive oil on each ear of corn, wrap in foil, place on the side of the grill, and cover. (You can also boil the corn; place in cold water and bring to a boil over medium heat. Drain and remove the kernels.) Cook for 10 minutes, turn the corn over; remove the chicken from the plastic bag and place onto the grill. Cook for 6 minutes on each side. Turn the grill off. Remove the chicken and corn, then unwrap the corn and place back on the grill for a few minutes to get grill marks. After corn has cooled, cut the kernels off the ears by holding cobs vertically and slicing downwards. Cut chicken into bite--size pieces.
3. **Meanwhile, cook quinoa** according to package instructions in a large saucepan. In a food processor, add cauliflower and process until it's a rice-- like consistency.
4. **In a large nonstick pan,** warm 1 tablespoon olive oil over medium heat, and then add the onions and garlic and cook for 3 minutes, or until softened.
5. **Into the quinoa pan,** add cauliflower, chicken, corn, onion, garlic, black beans, and cilantro. Warm over medium heat for about 4 minutes. Remove from heat and add Cotija cheese. Garnish with avocado slices, pumpkin seeds, and lime juice and serve!